

CENTRE DENTAIRE

JARDINS DORVAL

Care of the Mouth after Extractions

- **Bleeding** - After an extraction, a folded gauze pack is placed over the extraction site to assist the blood clot to form. Keep pressure on it for 30 minutes and replace only if bleeding continues. We will provide extra gauze.
- **Do not** rinse, spit or brush your teeth until bedtime.
- **Do not** drink with a straw for 10 days
- **Do not** drink alcohol for 10 days
- **Tomorrow**, you can rinse your mouth gently with the plastic syringe provided using 1 cup of warm water mixed with 1 teaspoon of salt 3-4 times a day, especially after meals for two weeks. Avoid swishing.
- **Exercise** - Limit vigorous physical activity for 48hrs.
- **Smoking** - Avoid smoking during the healing period.
- **Medications** - For discomfort use Tylenol, Advil, Motrin or the prescribed medication as directed.
- **Food** - A light diet with plenty of fluids is recommended the first day. Chewing should be done away from the extraction site. No spicy foods or chewing gum for 10days.
- **Oral Hygiene** - Continue brushing and flossing being extra gentle near the extraction site. Do not use mouthwash.
- **Swelling** - Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next 6-10hrs.
- **Please** do not hesitate to contact the office (514-636-5760) if there are any questions or problems.

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